

HEELCURVE HOCKEY

BANDED SHOULDER DISLOCATES

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves shoulder flexibility, range of motion, and posture by gently moving the shoulders through a full overhead range using a resistance band. It helps reduce tightness, enhance shoulder health, and support better performance.

1 START

Hold a band with a wide overhand grip. Stand tall with feet shoulder-width apart and arms straight in front of your thighs.



2 RAISE & PASS

Raise the band up and over your head with straight arms, keeping the band wide. Continue moving the band behind your back.



3 PASS BEHIND

Pass the band behind your back, keeping your arms straight and the band wide. Gently stretch through your shoulders.



4 RETURN & REPEAT

Continue the movement up and over your head to return to the starting position. Repeat for the desired number of reps.



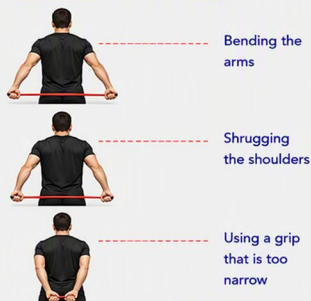
KEY POINTS

- Use a wide grip.
- Keep arms straight the entire time.
- Move slowly and with control.
- Avoid shrugging your shoulders.
- Breathe steadily throughout.
- Focus on range of motion, not speed.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Shoulders (Deltoids)
- Upper Back (Rhomboids)
- Chest (Pectorals)
- Upper Arms (Biceps, Triceps)
- Rotator Cuff Muscles

TRAINING TIPS

- Use as a warm-up or mobility drill.
- Prioritize controlled, full-range movements.
- Perform 8–12 reps for 2–3 sets.
- Include in your routine 3–5 times per week for best results.